

## Women's 50 Plus Softball

**When:** Tuesday evenings at 6:45 pm beginning in mid-May.

**Where:** Half of the games will be in Troy and half at other Oakland County cities.

**Fee:** \$35 for residents - \$50 for non-residents.

**Registration Deadline:** March 30

Returning players register for Act# 128999C (Herrricanes) or #128999D (Pink Ladies). New players register for Act #128999B.

## Men's 55 Plus Daytime Softball League

**When:** Mon. and Wed. mornings. Practices begin April 6.

**Where:** Half of the games will be in Troy and half at other Oakland County cities.

**Fee:** Resident - \$40, Non Resident - \$55 Act #128998A

**Registration Deadline:** March 30

Register as an individual and players will be combined into a team. Call Elaine T. at 248.524.3484 for more information.

## Men's 50 Plus Softball League

**When:** Thursday evenings at 6:45 pm beginning in mid-May.

**Where:** Half of the games will be in Troy and half at other Oakland County cities.

**Fee:** is \$35 for residents - \$50 for non-residents.

**Registration Deadline:** March 30

Returning players should register for Act #128998J (J Team), Act #128998K (Yellow Jackets), Act #128998M (Comets). New players register for Act # 128998B

## 50 Plus Bocce and Shuffleboard Leagues

Leagues begin the week of May 18. Preregistration is required by May 1. Teams will consist of four members. List desired partner(s) upon registration. Other players will be assigned to teams by random draw. If less than 16 players sign up for either league, we will run a doubles league instead of a quad league. *Fee is per person, and each team member must register.*

**Location:** Troy Community Center

Act #	League	Day	Time	Wks	NR	Res Disc
125913G	Shuffleboard	T	9:30 am	12	\$18	\$16
125913H	Bocce	TH	9:30 am	15	\$22	\$20

Volunteer Adult Coaches play an important part of our programs during the year. If you are interested in making a difference, fill out an application found on page 80 or at the front desk of the Parks and Recreation office.

## Troy Adult Softball

Troy adult (18 and over) softball leagues begin in mid April and continue through early August. No limit of non-residents per team. Interested teams or players should call 248.524.3484 to receive an application. Reasonable team entry fees include registration with the Amateur Softball Association.

**League offerings include: Men, Women and Co-ed.**

- **January 21** - League information mailed to last year's teams and interested teams/individuals for coming season.
- **February 23** - Returning team deadline for 2008 summer teams.
- **February 26** - Applications from new teams will be accepted until 9:00 am at which time there will be a lottery to fill league vacancies (if any). After February 26, league vacancies will be filled on a first come first serve basis.
- **March 27** - Team registration deadline.

## Girls Softball Leagues Grades 3-8 (08-09 school year)

These *resident only* girl leagues will play 2-3 times per week in the mornings, afternoons or evenings. (Approximately 50% of games are late afternoons/evenings).

- Teams are formed by neighborhood and school areas.
- Registration deadline is May 1st. Those registering after the deadline will be placed on teams (if openings exist) with available spots, not necessarily the neighborhood/school team of choice.
- Players will be contacted by their coach regarding practice days/times which begin in late May or early June.
- Fee includes t-shirt, visor and participation award.
- Practice games begin the week of June 15.

**2009 Pitching Clinic:** For registered Troy Parks and Recreation softball players grades 3 - 8 only.

**Location:** Troy High Softball Field.

**Dates/Time:** Tues., May 5, 12, 19 and Mon., May 1, 8; 7-8 pm

**Instructors-**Tom Calnen, Troy High Varsity Softball Coach and players.

Act #	Grade (08-09 School Year)*	Day	Fee
131101	3rd Grade Softball (Umpire Pitch)	M/W/F	\$55
131102	4th Grade Softball (Umpire Pitch)	M/W/F	\$55
131103	5th Grade Fastpitch Softball	T/TH/F	\$55
131104	6th Grade Fastpitch Softball	T/TH/F	\$55
131105	7-8th Grade Fastpitch Softball	M/W/F	\$55
131107A	Pitching Clinic	M/T	\$15**

*Please note that make-ups may be scheduled on any day of the week and not necessarily on stated game days.*

\*Please register child in activity number that correlates to school and grade.

\*\*Must be registered in softball league in order to participate in clinic.

**Volunteer coaches needed!** An organizational meeting for coaches is scheduled for Wednesday, May 19 at 6:30 pm at the Troy Community Center.



## Baseball Clinic

Fundamentals of throwing, catching, fielding, pitching, bunting and hitting will be emphasized at this one-day clinic. Players 5-15 years old will participate in conditioning and baserunning drills. Equipment required: gym shoes, baseball glove, and bat (bat is optional). Players will be grouped by age and rotated through different skills stations. Catchers bring your own gear. *In case of inclement weather, make-up date will be May 14.*

**Clinic Coordinators:** Frank DiVito, Troy High Varsity Coach and Varsity Team players.

Act#	Date	Location	Time	Fee
114065A	May 7	Troy High baseball field	6-7:30 pm	\$25

## Summer Adult Sand Volleyball Leagues

Digs, bumps, and spikes. Kick off your summer fun by joining one of our sand volleyball leagues. These leagues are for people living or working in Troy. No limit of non-residents per team. The regular season lasts eight weeks with the top four teams qualifying for the playoffs. All games are self-officiated.

Courts are located at the following parks: Boulan, Firefighters, Jaycee and Raintree

Sand Division	Days	Fee
Women's Fours (4 v 4)	Tuesday	\$95
Co-Rec Competitive (6 v 6)	Wednesday	\$95
Co-Rec High School (6 v 6)	Wednesday	\$95
Co-Rec Competitive (4 v 4)	Wednesday	\$95
Men's Triplets (3 v 3)	Tuesday	\$75
Men's Doubles (2 v 2)	Monday	\$75
Co-Ed Doubles (2 v 2)	Monday	\$75

### Important dates to remember:

Mar 30	Information mailed out/available
April 15	Sign up deadline for returning teams
April 24	Lottery for new teams (registration check/fee must accompany form)
May 6	Mandatory manager's meeting – 6:30 pm, Community Center
May 29	Team roster due
June 1	Season begins

## Instructional Girls Softball

### Girls in 2nd Grade ('08 - '09 School Year)

Hit a home run this season by signing up for GIRLS SOFTBALL. This program has been designed for 2nd grade girls who are too old for tee ball and not ready for a competitive league. Over the course of six weeks, players learn the basics of throwing, catching, fielding, base running, positions and batting. Instructors will help players through the transition, hitting from a tee to pitched balls. The first three practices are instructional clinics and the remaining days are scrimmages. Fee includes shirt and cap. Maximum: 20 players per activity number. **Please note:** Players will be split into teams. *Games may be at 9, 10:15 or 11:30 am.*

<b>Weeks: 6</b>		<b>Day: T/TH</b>	<b>Location: Firefighters Park</b>		
<b>Act #</b>	<b>Grade ('08-'09)</b>	<b>Time</b>	<b>Session</b>	<b>NR</b>	<b>Res Disc</b>
134080A	2nd	9:00 am	6/23-7/30	\$65	\$60
134080B	2nd	10:15 am	6/23-7/30	\$65	\$60
134080C	2nd	11:30 am	6/23-7/30	\$65	\$60

## Squirts Tee Ball

Introduce your child to tee ball in a non-competitive and playful environment. This three week program meets two days per week. Players will learn basic baseball skills through developmentally appropriate practice activities, including throwing, catching, batting and running. No formal games will be played. Fee includes t-shirt and hat. **Residents only.**

**Weeks:** 3 **Fee:** \$40

**Age:** 4 years old

Children entering kindergarten are not eligible. (See Tee Ball program page 61)

**Days:** M/W or T/TH

**Dates:** Session 1: Jun 22 - Jul 9

Session 2: Jul 13 - Jul 30

**Time:** 9 am - 9:45 am

### SESSION I

#### Div 13 M/W (6/22-7/8)

Act #	Site
134113 A	Baker
134113 B	Jaycee Park #1

#### Div 14 T/TH (6/23-7/9)

134114 A	Raintree
134114 B	Hamilton

### SESSION II

#### Div 15 M/W (7/13-7/29)

134115 A	Leonard
134115 B	Jaycee #2

#### Div 16 T/TH (7/14-7/30)

134116 A	Schroeder
134116 B	Boulan #3



## All Star Squirts

Build on the basic skills learned in Squirts Tee Ball. This four-day program includes a warm-up practice and games daily. Equipment needed; baseball glove, gym shoes and water bottle. **Residents only.**

**Age:** 4 yrs. old

**Days:** M - TH

**Dates:** August 3-6

**Time:** 9 am-9:45 am **Fee:** \$20

Act #	Site
134117 A	Jaycee #1
134117 B	Jaycee #2

## Tee Ball & Coach Pitch Baseball

Hit a home run this summer and learn baseball basics in a fun, non-competitive environment. Instruction includes; throwing, hitting, catching, base-running, fielding and the basic rules of play. Tee shirt and participation awards are included in fee. No standings will be kept. **Residents only.**

This seven-week program meets once per week on Friday or twice per week Monday and Wednesday or Tuesday and Thursday.

**Teams may be combined if a certain area is low in registration numbers.**

**Individuals will sign up by site. Practices are scheduled for weeks 1-2. Games are scheduled for weeks 3-7. Games begin the week of July 6; game sites will vary and morning games will vary between 10:15 -11:30 am.**

**Trained staff instructors will conduct practices and games.**

**No further notices or calls.** Participants should attend the first session on the date listed.

**Equipment Needed:** Glove, gym shoes, and water bottle (bat optional). Please put your name on your equipment.

### Tee Ball

For children entering kindergarten in the 2009-10 school year. Played from a tee using a "reduced injury factor" (RIF) baseball. Practices and games last 55 minutes.

### Coach Pitch

The next step from tee ball, this is for children entering 1st or 2nd grade in the 2009-10 school year. Games last 55 minutes. There are no tryouts, just fun! (2nd graders may be eligible for TBB)

**Weeks:** 7      **Day:** Varies

**Begins:** June 19 - August 7

**Fee:** 2 days/wk \$70  
1 day/wk \$40

**NOTE: No tee ball or coach pitch baseball will be scheduled July 3rd.**

## TEE BALL

Div 1 & 2 games may be at 10:15 am or 11:30 am

### Div 1 M/W 10:15 am – Begins June 22

Act #	Site
134100 A	Baker
134100 B	Leonard
134100 C	Jaycee Park #1
134100 D	Jaycee Park #2

### Div 2 M/W 11:30 am – Begins June 22

Act #	Site
134101 A	Baker
134101 B	Leonard
134101 C	Jaycee Park #1
134101 D	Jaycee Park #2

### Div 3 FRI 9 am – Begins June 19

Act #	Site
134102 A	Boulán #3
134102 B	Martell #3
134102 C	Jaycee Park #1
134102 D	Jaycee Park #2

### Evening Options

### Div 4 M/W 5:30 pm – Begins June 22

Act #	Site
134103 A	Schroeder
134103 B	Firefighters
134103 C	Wass
134103 D	Barnard #1

### Div 5 M/W 6:35 pm – Begins June 22

Act #	Site
134104 A	Schroeder
134104 B	Firefighters
134104 C	Wass
134104 D	Barnard #1

### Div 6 M/W 7:40 pm – Begins June 22

Act #	Site
134105 A	Schroeder
134105 B	Firefighters
134105 C	Wass
134105 D	Barnard #1

### Weather Updates/Program Status

On occasion during inclement weather, programs need to be canceled or re-scheduled. Any time of the year, to find out the status of your program, go online at: [www.troy.mi.gov/parksrec/weatherupdates](http://www.troy.mi.gov/parksrec/weatherupdates) or call 248.689.9756 for details.

## COACH PITCH

Division 7, 8, 9 & 13

games may be at 10:15 am or 11:30 am

### Div 7 T/TH 11:30 am – Begins June 23

Act #	Site
134106 A	Raintree
134106 B	Schroeder
134106 C	Hamilton
134106 D	Boulán #3

### Div 8 T/TH 10:15 am – Begins June 23

Act #	Site
134107 A	Raintree
134107 B	Schroeder
134107 C	Hamilton
134107 D	Wass

### Div 9 FRI 10:15 am – Begins June 19

Act #	Site
134108 A	Boulán #3
134108 B	Martell #3
134108 C	Jaycee Park #1
134108 D	Jaycee Park #2

### Div 13 FRI 11:30 am – Begins June 19

Act #	Site
134112 A	Boulán #3
134112 B	Martell #3
134112 C	Jaycee Park #1
134112 D	Jaycee Park #2

### Evening Options

### Div 10 M/W 5:30 pm – Begins June 22

Act #	Site
134109 A	Raintree
134109 B	Leonard
134109 C	Boulán #3
134109 D	Barnard #2

### Div 11 M/W 6:35 pm – Begins June 22

Act #	Site
134110 A	Raintree
134110 B	Leonard
134110 C	Boulán #3
134110 D	Barnard #2

### Div 12 M/W 7:40 pm – Begins June 22

Act #	Site
134111 A	Raintree
134111 B	Leonard
134111 C	Boulán #3
134111 D	Barnard #2



Hungry Howie's Pizza



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Troy

**TROY**  
SCHOOL DISTRICT

## 2009 Troy Sports Camps Offerings!

### Athletic Trainers

Train with the best! A workshop to learn the basics of athletic training: anatomy, injury evaluation, taping, wrapping techniques and first aid. Certificate upon completion. Bring a bag lunch M-TH. Lunch provided Friday.

Coordinator - Bryan Baines, A.T.C., E.M.T., Athletic Trainer Beaumont Hospital, Head Trainer at Athens High School and Troy Sports Camp Athletic Trainer. **Location:** Athens High School.

Act #	Date	Time	Ages	Cost
134201 A	July 27-31	8:30 am-3:30 pm*	14 and over	\$155

\*Includes one hour practice session.

### Baseball

Transform into a solid baseball player. Start off by improving your fielding, hitting and games strategies. The specialized four day pitching and catching camps will teach you the proper mechanics. Section C and D bring sack lunch and water bottle.

Equipment required: baseball glove, baseball/gym shoes (bat optional). Camp Coordinator – Mike Morris Athens varsity coach.

**Location:** Athens High School field.

Act #	Date	Time	Ages	Cost
134202A	June 22-26	9-11 am	7-8	\$66
134202B	June 22-26	9-11:30 am	9-12	\$81
134202C	June 23-26	11:30-1:30 pm	10-15	\$55*
134202D	June 23-26	11:30-1:30 pm	10-15	\$55**

A and B = Fundamentals camp

C\*4 day camp - pitching

D\*\*4 day camp - catching

### Basketball

Receive instruction on shooting, passing, dribbling, rebounding and defensive techniques. Campers will receive a basketball. Equipment required: gym shoes. Place in grade entering in 2008-09 school year. Coordinators – Girls: Dennis Koch, Troy High girl's varsity coach and David Scott, Athens Varsity Coach; Boys: Gary Fralick, Troy High varsity boys coach.

Act #	Date	Time	Grades	Cost
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#### Athens High Aux gym

134203 A	June 22-26	8:30-11 am	Girls 3-5	\$86
134203 B	June 22-26	11:30-2:30 pm	Girls 6-10	\$101

#### Troy High Main gym AM/Aux gym PM Session

134203 C	July 13-17	8:30-11:30 am	Girls 6-10	\$101
134203 D	July 13-17	12-2:30 pm	Girls 3-5	\$86

#### Troy High School – Main gym

134203 E	June 22-26	12-3 pm	Boys 3-8	\$101
134203 F	July 6-10	12-3 pm	Boys 3-8	\$101
134203 G	July 13-17	12-3 pm	Boys 3-8	\$101

### Junior Basketball/ All Stars Basketball

**Jr Basketball** - Receive basic instruction on shooting, passing, dribbling, rebounding, defense techniques and scrimmaging.

**Stars Camp** - Builds on previous learned basic skills. Advanced drills and more scrimmage time. Prerequisite Jr. Basketball basic camp. Campers receive a basketball. **Location:** see below

Coordinator B.J. Smith.

**Cost: \$71**

Act #	Date	Type	Time	Ages	Location
134204A	Jun 22-26	JR	10 am-12 noon	5-7	Schroeder
134204B	Jun 22-26	JR	12:30-2:30 pm	5-7	Schroeder
134204C	Jul 6-10	JR	10 am-12 noon	5-7	Hamilton
134204D	Jul 6-10	JR	12:30-2:30 pm	5-7	Hamilton
134204E	Jul 13-17	Star	10 am-12 noon	5-7	Wass
134204F	Jul 13-17	Star	12:30-2:30 pm	5-7	Wass
134204G	Jul 20-24	JR	10 am-12 noon	5-7	Barnard
134204H	Jul 20-24	JR	12:30-2:30 pm	5-7	Barnard
134204I	Jul 27-31	Star	10 am-12 noon	5-7	Troy Union
134204J	Jul 27-31	Star	12:30-2:30 pm	5-7	Troy Union

### Cheerleading

Learn what it takes to become a cheerleader at the middle or high school level. Each year campers learn a series of brand new cheers and chants, a dance routine and other cheerleading skills. The older class will also include stunts. Equipment required: gym shoes, shorts, no jewelry. Coordinator – Beth Ann Markey, Athens High School Junior Varsity coach. **Location:** Athens HS west deck

Act #	Date	Time	Ages	Cost
134205 A	Jun 22-26	9-11 am	5-9	\$71
134205 B	Jun 22-26	12-3 pm	10-14	\$101
134205 C	July 6-10	9-11 am	5-9	\$71

### Fantasy Sports

Back by popular demand, this “fun based” camp is great for boys and girls and is jam packed with non-traditional game competitions, sport activities for all levels of ability and swimming daily. Campers bring a bag lunch Monday-Thursday. Pizza lunch provided on Friday. Equipment required: gym shoes, swim suit, and towel. Coordinators E.J. Howell; **Location:** Baker Middle School

Act #	Date	Time	Ages	Cost
134207 A	Jun 22-26	9 am-3 pm	9-14	\$144
134207 B	Jul 13-17	9 am-2 pm	7-10	\$120
134207 C	Jul 20-24	9 am-3 pm	8-13	\$144

Registration for Troy Sports Camps going on NOW!

Register online at: [www.troymi.gov/parksreconline](http://www.troymi.gov/parksreconline)

NO REFUNDS OR TRANSFERS AFTER A CAMP BEGINS



## Fast Pitch Softball

Designed for the player of any skill level, this camp specializes in fast pitch skills including infield and outfield play, hitting and base running. Section B will devote the last half hour to just pitching and catching. Equipment required: glove and proper shoes. Coordinator - Dave Marr, Athens High School girl's varsity softball coach. **Location:** Athens High School, diamond #3, #4.

Act #	Date	Time	Ages	Cost
134208 A	Jun 22-26	12:30-3:00 pm	8-15	\$81
134208 B	Jun 22-26	12:30-3:30 pm	8-15	\$91*

\*pitching and catching

## Football

A great pre-training for the start of football season. Learn the basics of all football positions. Preventative taping available for campers requiring attention for youngsters ages 8-11 the program targeted at training for all skill positions. Equipment required: cleats or gym shoes, shirt, shorts or sweat pants. Coordinators - Gary Griffith varsity football coach at Troy High and TBD, Athens varsity coach. **Location:** Football fields at each High School

Act #	Date	Time	Grade/Site	Cost
134209A	Jul 20-24	9 am-12 noon	3-8/ THS	\$97
134209B	Jul 20-24	12:30-3:30 pm	9-12/THS	\$97
134209C	Jul 20-24	9 am-12 noon	3-8/ AHS	\$97
134209D	Jul 20-24	12:30-3:30 pm	9-12/AHS	\$97



## Junior Golf Camp (2 ½ hrs)

These weeklong camps are designed for boys and girls (ages 7-13) of all levels. 1 instructor per 10 players. In addition to developing full swing technique, you will learn the essentials of the short game and how to improve your scoring. Learn and apply your new techniques through situational on-course instruction with a PGA professional. Mon-Thurs 2 ½ hours, Friday play a scramble (4 hours). Equipment required: golf clubs, golf/gym shoes (no sandals). Clubs available courtesy of the "Sticks for Kids" GCBA foundation.

**Note:** Friday 7-11 am. Scramble Golf Tournament with pizza party Coordinated by Paul Toski, Sanctuary Lake Golf Academy.

**Location:** Sanctuary Lake Practice Range (South Blvd and Dequindre)

Act #	Date	Time	Ages	Cost
134211A	Jun 22-26	8:30-11 am	7-13	\$131
134211B	Jul 6-10	8:30-11 am	7-13	\$131
134211C	Jul 13-17	8:30-11 am	7-13	\$131
134211D	Jul 20-24	8:30-11 am	7-13	\$131
134211E	Aug 3-7	8:30-11 am	7-13	\$131

## Junior Golf Camp – Half Day (4 hrs)

A camp for boys and girls (ages 12-18) of all skill levels. 1 instructor per 5 players. Junior golfers spend the week practicing and playing, with a tournament held on the last day. Develop a better full swing technique, short game, tournament preparation and how to practice for lasting improvement. There is situational on-course instruction with PGA professionals. Includes video and computer analysis. Add one more hour on Friday. Coordinated by Paul Toski, Sanctuary Lake Golf Academy. **Location:** Sanctuary Lake Practice Range (South Blvd and Dequindre)

Act#	Date	Time	Ages	Cost
134206 A	Jun 22-26	1-5 pm	12-18	\$250
134206 B	Jul 13-17	1-5 pm	12-18	\$250
134206 C	Jul 20- 24	1-5 pm	12-18	\$250
134206 D	Aug 3-7	1-5 pm	12-18	\$250

## Gotta Dance

This dance program offers Tap, Jazz, and Ballet, a four week program on Mondays. Equipment required: proper shoes and comfortable clothing. Camp Coordinator - Suzy Sanitate, Dance Director. (No pizza party or shirt for this camp) **Location:** Gotta Dance - Dance Studio, located inside Troy Sports Center 1819 East Big Beaver Road. Call Suzy Sanitate at 248.680.8722 for questions on program. **Cost:** \$30

Act #	Date	Time	Ages	Class
134210A	Jul 13-Aug 3	4-4:30 pm	3-5	Tap
134210B	Jul 13-Aug 3	4:30-5 pm	3-5	Ballet
134210C	Jul 13-Aug 3	5-5:30 pm	6-8	Tap
134210D	Jul 13-Aug 3	5:30-6 pm	6-8	Ballet
134210E	Jul 13-Aug 3	6-6:30 pm	6-8	Jazz
134210F	Jul 13-Aug 3	6:30-7 pm	3-5	Ballet
134210G	Jul 13-Aug 3	7-7:30 pm	9-12	Ballet
134210H	Jul 13-Aug 3	7:30-8 pm	9-12	Jazz
134210K	Jul 13-Aug 3	8-8:30 pm	12-over	Jazz

## Gymnastics

This camp will emphasize skill development for all levels which includes basic drills to enhance strength and flexibility necessary for all gymnasts. Equipment required: cotton socks or gymnastics slippers and bands for hair.

**Parent/Tots (age 4-5)** - Introductory gymnastics. Emphasis on motor coordination and balance. Parents are required to participate.

**Beginner/Intermediate (age 6-8)** - Those with little gymnastics experience. Groups will be subdivided based on ability and age level.

**Adv.Beginner/Intermediate (age 9-11)** - Minimum basic skills required; cartwheel, handstand, forward and backward roll.

Groups will be subdivided based on ability and age level. Coordinator - Kelly Esper, Asst Troy High Coach **Location:** Troy High aux gym.

Act #	Date	Time	Level	Cost
134212A	Jul 20- 24	9-10:30 am	Tots	\$81
134212B	Jul 20- 24	10:45 am -12:45 pm	Beg/Int	\$111
134212C	July 20-24	10:45 am-12:45 pm	Adv Beg/Int	\$111
134212D	Jul 27-31	9-10:30 am	Tots	\$81
134212E	Jul 27-31	10:45 am-12:45 pm	Beg/Int	\$111
134212F	July 27-31	10:45 am-12:45pm	Adv Beg/Int	\$111

**Lacrosse**

Focus on basic skills and team concepts. Offensive skills taught include: passing, catching, feeding, shooting and dodging. Defensive skills include: stance, checks, holds and slides. Team concepts include: clearing, riding, man up and man down offense and defense, fast break man for man and zone offensive/defensive concepts.

**Boys equipment required:** 2nd-4th grade helmet, gloves, stick and mouthpiece. Boys 5th-10th grade, helmet, gloves, stick, mouthpiece, shoulder and arm protection.

**Girl's equipment required:** stick and goggles. Coordinators -Boys Coach - Matt Jantz, Troy High varsity coach, Girls Coach Liz Waters and Rob Holder. **Location:** Boys at Troy High football field; Girls at Boulan Park Lacrosse field

Act #	Date	Time	Grades	Cost
134213A	July 13-17	9 am -12 noon	Boys 2-4	\$97
134213B	July 13-17	9 am -12 noon	Boys 5-10	\$97
134213C	July 20-24	9-11:30 am	Girls 4-12	\$82

**Pom Pon/Dance**

Learn basic pom and jazz techniques in addition to the coolest moves, to the coolest music, taught by the most talented staff! Equipment required; tennis/dance shoes (must be supportive), knee pads, dance attire preferred but not required, water bottles. Pull hair back and no jewelry. Cost includes a choreographed dance and performance, expert instruction, camp shirt, pom pons and pizza party. (FOR CAMPER'S ONLY). **Location:** Athens main gym; Coordinator – Jenna Williams, My Dance Studio, Inc., Dance Team Choreographer and former team member for Detroit Pistons Dance Team Automotion, and Detroit Shockwave Dancers.

Act #	Date	Time	Age	Cost
134222A	Jul 13-17	12-1 pm	5-6	\$46
134222B	Jul 13-17	1-3 pm	7-8	\$71
134222C	Jul 13-17	1-3 pm	9-12	\$71

**Choreography & Dance Clinic...how to make a winning team**

A one-day dance and choreography camp for high school dance teams and individuals training for high school performance dancing. Learn technical skill turns, leaps, performance elements, energetic sidelines and precision dance routines for game days.

**Location:** Troy Community Center Studio B-C; Coordinator – Jenna Williams, My Dance Studio Inc, Trained by professional dancers with coaching and judging experience.

Act #	Date	Time	Grade	Cost
134222D	Sat, July 18	9 am-3 pm	9-12th	\$41 indiv.
134222E	Sat, July 18	9 am-3 pm	9-12th	\$140/team

**Soccer**

Learn basics such as shooting, heading, receiving rolling balls, receiving air balls, dribbling, feinting and attacking moves, shielding and goalkeeping. The advanced premier camp will cover technical instruction in the morning followed by tactical play and functional training by position in the afternoon. Each camper to receive a soccer ball. Equipment required: soccer or gym shoes and shin guards. Camp prepares you to be a successful high school team player. Athens/Troy High guest coach appearance throughout

week. Coordinator – Todd Heugh, Rochester High School girls varsity soccer coach. **Location:** Firefighters Park

Act #	Date	Time	Ages	Cost
134214A	Jul 20-24	9-11:30 am	8-11 Rec	\$ 89
134214B	Jul 20-24	9 am-2 pm	9-13 Premier	\$155
134214C	Jul 20-24	9 am-2 pm	14-17 H S Premier	\$155

**Junior Soccer**

Jump start your little soccer star with this fun approach to learning the basics. Each camper to receive a soccer ball. Equipment required: soccer or gym shoes and shin guards. Coordinator – Meghan Sermo and Lisa Carruthers **Location:** Firefighters Park.

Act #	Date	Time	Ages	Cost
134215 A	Jun 22-26	10-11:30 am	4-5	\$58
134215 B	Jun 22-26	9:30-11:30 am	6-7	\$73
134215 C	Jul 13-17	10-11:30 am	4-5	\$58
134215 D	Jul 13-17	9:30-11:30 am	6-7	\$73
134215 E	Jul 27-31	10-11:30 am	4-5	\$58
134215 F	Jul 27-31	9:30-11:30 am	6-7	\$73

**Speed, Agility and Quickness**

**Intro:** Let our experienced staff teach you numerous drills and activities to improve movement skills needed to excel in all sports. Participant will improve in speed, agility and quickness, through the use of plyometric and ladder exercises.

**Advance:** Participants will be taught conditioning, stretching, strength and core exercises to enhance their skills and performance levels in sports.

**Equipment required:** practice clothes, cleats and running shoes, and a physical card (on file in school athletic program).

Instructor: Judy Steinberger, Physical Education Instructor at Baker Middle School **Location:** Troy High School track.

Act #	Date	Time	Ages	Cost
134217 A	Jun 22-26	9-10:30 am	7-9 (Intro)	\$51
134217 B	Jun 22-26	11 am-1 pm	13 & over (Intro)	\$66
134217 C	Jul 6-10	8:30-10:30 am	10-12 (Intro)	\$66
134217 D	Jul 6-10	11 am -1 pm	13 & over (Adv)	\$66

**Competitive & Synchronized Swim**

**Introduction to Competitive Swim for Elementary School Students** – These camps are designed for swimmers who can swim at least 50 yards (2 lengths of pool), and have no previous swim team experience. Instruction will include all four competitive strokes, starts and turns. Emphasis is on what competitive swimming is all about. Games and races are used as part of the learning process. Camps are 1.5 hours per day. Coordinators: Lisa Inman and Melissa Bayci. **Location:** Boulan Middle School **Cost:** \$63

**Registration for Troy Sports Camps begins February 2nd!**

**Register online at:** [www.troymi.gov/parksreconline](http://www.troymi.gov/parksreconline)

**NO REFUNDS OR TRANSFERS AFTER A CAMP BEGINS**

## Competitive Swimming for Middle & High School Students

Designed for swimmers who are interested in participating on their high school swim team. Previous participation on an intramural or other competitive team is helpful, but not required. Swimmers are expected to be able to swim 50 yards. Instruction will include all four competitive strokes, starts, turns, and an introduction to swim training techniques. Emphasis is on what competitive swimming is all about. Games and races are used as part of the learning process. The camp is three hours per day for one week. **Coordinator** – Lisa Inman and Melissa Bayci. **Location:** Troy High School pool **Cost:** \$96

**Synchronized Swimming** – Synchronized swimming is like dancing in the water. The sport combines grace and flexibility with strength and power. You will learn specific elements called figures, as well as routines to music. Swimmers must be able to swim 4 laps of the pool without stopping and be able to tread water for 30 seconds. The camp is 2 hours per day for one week. For ages 8-17 **Cost:** \$66 **Coordinator** – Ami Iceman, Synchronized swim coach. **Location:** Troy High School pool.

**Equipment required:** Swimsuit, goggles, and towel. Swim caps suggested for girls. Synchronized Swim: one piece suit is required.

Act #	Date	Time	Ages/Level
134218A	Jun 22-26/M-F	8:30-11:30 am	Synchronized
134218B	Jun 22-26/M-F	11 am-2 pm	Competitive HS
134218C	Jun 22-26/M-F	11 am-2 pm	Competitive MS
134218D	Jul 13-17/M-F	9-10:30 am	Intro Elementary
134218E	Jul 13-17/M-F	10:30-12 noon	Intro Elementary

## Track and Field

This week will give each athlete experience in the field events of the high jump, long jump, and shot-put. Track races include 100m, 200m, 400m, 800m, 1600m, hurdles and relays. Proper running and hurdle form will be emphasized. Times and distances will be recorded. It conclude with a mini meet on Friday. Awards and certificates will be presented to each athlete. **Coordinator** – John Epple, Athens High varsity track coach, 24 years track experience. **Location:** Athens High School

Act #	Date	Time	Ages	Cost
134219A	Jun 22-26	9-11:30 am	7-10	\$81
134219B	Jul 13-17	9-11:30 am	9-14	\$81

## Volleyball

Girls and boys learn basic volleyball skills such as passing, serving and game strategies. The advanced skills camp are for the experienced player. All campers will receive a volleyball. Equipment required-gym shoes, and kneepads. **Coordinator** –Tammy Gilbert Boulan Middle School coach **Location:** Athens High School auxiliary gym

Activity #	Date	Time	Ages	Cost
134220A	Jun 22-26	8:30-11:30 am	11-14 Adv	\$103
134220B	Jun 22-26	12-3 pm	8-10 Adv	\$103
134220C	Jul 6-10	9-11:30 am	8-10 boys	\$88
134220D	Jul 6-10	12- 3 pm	11-13 boys	\$103
134220E	Jul 13-17	9 am-12 noon	8-10	\$103

134220F	Jul 13-17	1-4 pm	11-14	\$103
134220 G	Jul 20-24	9-11:30 am	8-10	\$88
134220 H	Jul 20-24	12- 3 pm	11-13	\$103

## Wrestling

All wrestling basics including escapes, take-downs, reversals and standing/down starts will be taught with emphasis on folk style and some high school techniques. Also, overview of Olympic wrestling styles of freestyle and Greco-Roman. Equipment required - gym shoes. **Coordinator** - Gary Harlan, Troy High wrestling coach. **Location:** Troy High School auxiliary gym.

Activity #	Date	Time	Ages	Cost
134221 A	Jun 22-26	9 am-12 noon	7-18	\$96

## Water Polo

This camp offers basic knowledge for middle school participants as well as advanced training for high school. Must be a proficient swimmer. Skills practiced are; egg beater kick, dribbling, passing and shooting. There is an element of conditioning during warm-ups. Equipment required – Swimsuit, goggles, and towel. **Instructor:** Lucas Ortego. **Location:** Athens High School pool.

Act #	Date	Time	Ages	Cost
134224 A	Jul 13-17	5:30-7:30 pm	12-18/Girls	\$80
134224 B	Jul 20-24	7:30-9:30 pm	12-18/Boys	\$80

## General Sports Camp Information

**Staff:** All camps are coordinated by a “Blue Ribbon” coaching staff including many state and area Coach of the Year recipients.

**Camp Ratio:** Approximately 1:10 (some have lower ratios)

**Medical Information:** If your son/daughter has a medical condition that may affect their participation in the camp program, please make a note on the registration form (allergies, etc.).

**Registration:** All camp registrations begin February 2, 2009 at the Troy Community Center, 3179 Livernois. For MAIL-IN registrations, complete the registration form and mail it with your check or money order to: 3179 Livernois, Troy, MI 48083.

To register online, contact Parks and Recreation for your household number and name. CALL 248.524.3484 during normal business hours. Online registration begins February 2, 2009 at [www.troymi.gov/parksandreconline](http://www.troymi.gov/parksandreconline). NO PHONE registrations will be accepted. Only Visa and MasterCard accepted. Limited enrollments for some camps.

**Inclement Weather Policy:** In case of rain, please call our weather hotline number at 248.689.9756. Each camp will discuss their weather procedure the first day. Check on-line for up to date cancellations. [www.troymi.gov/parksrec/weatherupdates](http://www.troymi.gov/parksrec/weatherupdates)

**Camp Includes:** In addition to quality instruction, each camper receives an official Troy Sports Camp t-shirt, a participation certificate and a camp ending pizza party provided by Hungry Howie’s Pizza (exception noted).

**Questions:** Call Troy Parks and Recreation 248.524.3484 or Troy Schools at 248.823.5093.



## Indoor Tennis Lessons

Improve your tennis game with lessons at the Troy Racquet Club (Bubble), 3400 Civic Center Drive. Participants must wear tennis shoes and bring their own racquet. Tennis balls are provided. Babysitting is available Monday - Friday until 3 pm for \$3 per hour.

**Refunds for indoor tennis lessons must be requested five days prior to first class.**

**Beginner I** - Person has never played tennis in the past.

**Beginner II** - Maybe had one session of lessons.

**Advanced Beginner** - Person has had more than one session of lessons, practices skills, serious about tennis. (2.0-2.5 player.)

**Intermediate** - Person should be able to rally and volley comfortably with a decent serve. (3.0 player)

**A Level** - must be 3.5 or better.

**A-B Level** - Intermediate to advanced player.

**Junior Excellence** - Includes current tournament players, beginner tournament players or high school level.

**John & Rob's sessions - March 30-May 10**  
**Curt's sessions - April 11-May 10**

### **JUNIORS-ages 7-17 Instr: Curt Smith and Staff**

Act #	Class	Day	Time	Wks	NR/Res
122290A	Beg II (8-14)	Mon	4-5 pm	4	\$73/68
122290B	Int (10-15)	Wed	4-5 pm	4	\$73/68
122290C	Beg I (7-10)	Thu	4-5 pm	4	\$73/68
122290D	Adv Beg (10-14)	Thu	5-6 pm	4	\$73/68
122290E	Beg II (8-10)	Sat	9-10 am	5	\$90/85
122290F	Adv Beg (10-14)	Sat	10-11 am	5	\$90/85
122290G	Int (10-13)	Sat	11am-noon	5	\$90/85
122290H	Int (14-17)	Sat	12-1 pm	5	\$90/85
122290J	Jr Exc (10-17)	Sat	1-3 pm	5	\$140/135
122290K	HS Jr. Exc	Sun	6-8 pm	5	\$140/135
122290L	HS Jr Exc	Sun	2-4 pm	5	\$140/135

### **ADULTS Instr: Curt Smith and Staff**

Act #	Class	Day	Time	Wks	NR/Res
122295A	Int	Mon	7-8 pm	4	\$73/68
122295B	Int	Wed	8-9 pm	4	\$73/68
122295C	Int	Thu	7-8 pm	4	\$73/68
122295D	Men's A Level	Thu	8-10 pm	5	\$140/135
122295E	A Level Pract	Sun	8-10 pm	5	\$140/135

### **JUNIORS: ages 4-16 Instr: John Kennedy and Staff**

Act #	Class	Day	Time	Wks	NR/Res
122305A	Beg (10-18)	Tue	4-5 pm	6	\$113/108
122305B	Beg (4-8)	Tue	4-5 pm	6	\$113/108
122305C	Beg II (8-12)	Tue	5-6 pm	6	\$113/108
122305D	Adv Beg (8-12)	Tue	5-6 pm	6	\$113/108
122305E	Int(10-12)	Tue	5-6 pm	6	\$113/108
122305G	Adv Beg(12-18)	Wed	4:30-5:30 pm	6	\$113/108
122305H	Beg II (6-10)	Wed	5-6 pm	6	\$113/108
122305J	Beg I (6-10)	Fri	4-5 pm	6	\$113/108

122305K	Adv Beg (8-12)	Fri	4-5 pm	6	\$113/108
122305L	Int (10-15)	Fri	4-5 pm	6	\$113/108
122305M	Beg II (10-14)	Fri	5-6 pm	6	\$113/108
122305N	Adv Beg (12-16)	Fri	5-6 pm	6	\$113/108
122305P	Beg I (4-8)	Fri	5-6 pm	6	\$113/108
122305Q	Jr Exc (10+)	Fri	4-6 pm	6	\$195/190
122305R	Beg I (6-10)	Sat	11 am-12 pm	6	\$113/108
122305S	PeeWee 8 & under	Sat	12-1 pm	6	\$113/108
122305T	Adv Beg (8-12)	Sat	1-2 pm	6	\$113/108
122305U	Low Int (10-14)	Sat	2-3 pm	6	\$113/108
122305V	Jr Excell (JV level)	Sat	3-5 pm	6	\$195/190

### **ADULTS Instr: John Kennedy and Staff**

Act #	Class	Day	Time	Wks	NR/Res
122300A	Cardio	Mon	10-11 am	6	\$113/108
122300B	Cardio	Mon	1-2 pm	6	\$113/108
122300C	Adv Beg	Tue	9-10 am	6	\$113/108
122300D	Int	Wed	5:30-7 pm	6	\$155/150
122300E	Cardio	Fri	9-10 am	6	\$113/108
122300F	Int	Fri	9-10 am	6	\$113/108
122300G	Adv Beg	Fri	10-11 am	6	\$113/108
122300H	Beg I	Sat	12-1 pm	6	\$113/108
122300J	Adv Beg	Sun	4-5:30 pm	6	\$155/150
122300K	Int	Sun	5:30-7 pm	6	\$155/150
122300L	Beg	Sun	7-8 pm	6	\$113/108
122300M	Adv Beg	Sun	8-9 pm	6	\$113/108

### **ADULTS Instr: Rob Olmstead and Staff**

Act #	Class	Day	Time	Wks	NR/Res
122310A	Beg	Mon	6-7 pm	6	\$115/110
122310B	Adv Beg	Mon	6-7:30 pm	6	\$165/160
122310C	Inter	Tue	6-8 pm	6	\$195/190
122310D	High -Int	Tue	8-10 pm	6	\$195/190
122310E	Adv (3.5+)	Tue	8-10 pm	6	\$195/190
122310F	Adv Beg	Sat	11 am-1 pm	6	\$195/190

### **JUNIORS: ages (4-16) Instr: Rob Olmstead and Staff**

Act #	Class	Day	Time	Wks	NR/Res
122310G	PeeWee (4-6)	Thu	4-5 pm	6	\$115/110
122310H	Beg (6-10)	Sun	12-1 pm	6	\$115/110
122310J	Adv Beg (8-12)	Sun	1-2 pm	6	\$115/110
122310K	Adv Beg (10-14)	Sun	2-3 pm	6	\$115/110

## Outdoor Senior Tennis League

**Begins May 11 at the Civic Center Tennis Courts**

The Troy Parks and Recreation department is offering an informal free senior (55 and older) tennis league that will meet on Tuesday and Friday mornings from 9-11 am. Games will be held at the Civic Center Tennis Courts. Reservations are not required. The program is free.

**For more information contact  
Elaine Torvinen at 248.524.3484.**



## Tennis Court Reservations

Troy residents 18 and older may reserve tennis courts at the Troy Parks and Recreation Department in person one week in advance. (Phone reservations are not accepted). Two permits per week allowed. Single play permit may be obtained for one hour and doubles for two hours. Permit holders have priority over other players. The number of courts and the days available may vary pending program use. The following are the tennis courts permitted:

### Boulan Park Courts 5-8

**Location:** West off Crooks between Big Beaver and Wattles

**Dates:** May 1 - Sept. 29 (excluding city sponsored tennis lessons and Troy Daze) **Permitted times:** 8 am-10 pm daily

### Civic Center Courts 4-8

**Location:** North of Big Beaver between Livernois and I-75 on Town Center Drive

**Dates:** June 1 - Sept. 9

**Permitted times:** Monday through Sunday (excluding Wednesdays and select weekdays): 8 am - 11 pm

### Open Court Usage

The following non-permitted courts are available to Troy residents on a first-come, first-served basis. Lessons may be scheduled during some morning and evening times.

Athens High: 1-8	Troy High: 1-8
Boulan Park: 1-4	Baker School: 1-4
Brinston Park: 1-2	Civic Center: 1-3
Larson School: 1-4	Smith School: 1-4

## Ultimate Soccer Spring Break Camp

Kick off your break with this exciting, jam packed soccer camp. Campers receive camp tee shirt. Equipment: Wear shorts, shin guards and soccer cleats or gym shoes. Instructor to player ratio: 1:10

**Location:** Ultimate Soccer Arenas 867 South Blvd., Pontiac 248.648.7000 on South Blvd. just west of Opdyke Rd.

**Instructor:** Phil Lawrence "D" licensed soccer coach

Act #	Ages	Dates	Time	Fee
114020E	4-10	4/6-4/10	9:30 am-Noon	\$149



## Spring Break Golf Camp

This two-day (four-hour) golf camp is designed for junior golfers at all playing levels. This camp is for those junior golfers interested in receiving instruction on all aspects of the game in a fun and friendly environment. Clubs are provided. Class is limited to 20 golfers per session. Practice balls are included.

**Location:** Sanctuary Lake Golf Academy

**Instructor:** Paul Toski, PGA Professional 248.619.7668

**Ages:** 8-17 **Fee:** \$50

Act #	Day	Time	Begins	Ends
114007A	Mon and Tues	1-3 pm	Apr 6	Apr 7
114007B	Wed and Thurs	1-3 pm	Apr 8	Apr 9

## Outdoor Tennis Lessons

An affordable lesson program to learn the game of tennis or work to improve your skills. Experienced staff provide a 1:10 ratio for these lessons. Tennis balls are included in fee. Bring a racquet and water bottle to class. Maximum of ten students per instructor.

**PeeWee** - Basic fun intro to the sport; 40 minute classes.

**Beginner** - No previous experience.

**Advanced Beg** - More than one session of lessons, can volley with other players; further development will be taught.

**Intermediate** - Must have taken beg. and adv. beg. classes prior to this class. Less instruction, more competitive drills.

**Inclement Weather** - No make-up for the first class canceled.

All others will be made up on Fridays. Call the Weather Hotline, 248.689.9756, after 2 pm for status of classes. Cancellations will also be posted at: [www.troy.mi.gov/parksrec/weatherupdates](http://www.troy.mi.gov/parksrec/weatherupdates)

**No classes on Memorial Day** - make-up on Friday, May 30.

**Location:** Boulan Park Tennis Courts

### Spring Session: May 18-June 12 for 4 weeks

**PeeWee:** Ages 4-8

Act #	Day	Class	Time	NR	Res Disc
122602A	T/TH	Ages 4-6	6-6:40 pm	\$55	\$50
122602B	T/TH	Ages 6-8	6:50-7:30 pm	\$55	\$50
122602C	T/TH	Ages 4-8	5:10-5:55 pm	\$55	\$50

**Youth: Ages 7-15**

122600A	M/W	Beg (7-15)	4-5 pm	\$55	\$50
122600B	M/W	Adv Beg (7-15)	5-6 pm	\$55	\$50
122600C	M/W	Beg (7-10)	6-7 pm	\$55	\$50
122600D	T/TH	Beg (10-14)	4-5 pm	\$55	\$50
122600E	T/TH	Int (7-15)	5-6 pm	\$55	\$50
122600F	T/TH	Adv Beg (7-15)	6-7 pm	\$55	\$50

**Adult: Ages 16 and up**

122601A	M/W	Beg	6-7 pm	\$55	\$50
122601B	M/W	Int	7-8 pm	\$55	\$50
122601C	T/TH	Adv Beg	6-7 pm	\$55	\$50
122601D	T/TH	Beg	7-8 pm	\$55	\$50

## Racquets of Fun (ages 4-6 w/adult)

Introduce your child to the world of tennis! You and your child will practice drills designed for this age group. Emphasis will be on eye-hand coordination, depth perception and having fun. Fee is for both parent and child. **Racquets available for youngsters.** Max of 7 pairs in class.

**Location:** Boulan Tennis Courts

### Spring Session: May 18-June 12 for 4 weeks

Act #	Day	Class	Time	NR	Res Disc
122602D	Mon	Parent/Child	6-6:40 pm	\$40	\$35
122602E	Wed	Parent/Child	6-6:40 pm	\$40	\$35

## Gymnastics

Troy Gymnastics, 1600 W. Maple, 248.816.TGYM

All participants must pay an annual membership fee of \$25 paid directly to Troy Gymnastics prior to the first day class.

**Session: April 28-June 22; 8 weeks**

**Ages 16 months - 3 years** – Class requires full parent participation and is geared toward the stages of early childhood development with the introduction of basic gymnastic skills.

Act	Day	Time	NR	Res Disc
121906A	Tue	9:45-10:30 am	\$90	\$85
121906B	Wed	10:45-11:30 am	\$90	\$85

**3 years** – Boys and girls will begin the exploration of gymnastics basics using music, obstacle courses and more in our weekly lesson plan to create a fun environment for your child.

Act	Day	Time	NR	Res Disc
121900A	Wed	10-10:45 am	\$90	\$85
121900B	Thu	12:45-1:30 pm	\$90	\$85
121900C	Sat	11-11:45 am	\$90	\$85
121900D	Sat	11:45 am-12:30 pm	\$90	\$85

**Ages 4 to Kindergarten** – Exploration of gymnastics basics and will use music and activities to create a fun environment.

Act	Day	Time	NR	Res Disc
121901A	Wed	4-4:55 pm	\$103	\$98
121901B	Thu	1:30-2:25 pm	\$103	\$98
121901C	Thu	4-4:55 pm	\$103	\$98
121901D	Sat	11:45 am-12:40 pm	\$103	\$98

**Boys 4-6** – Learn the basics of gymnastics on the boys equipment developing strength and coordination that can help them in all sport activities.

Act	Day	Time	NR	Res Disc
121902A	Thu	5-5:55 pm	\$103	\$98
121902B	Sat	1-1:55 pm	\$103	\$98

**Boys 6 and older** – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will be working on all apparatus.

Act	Day	Time	NR	Res Disc
121903A	Wed	5:30-6:55 pm	\$140	\$135
121903B	Sat	9:30-10:55 am	\$140	\$135

**Girls 6-8** – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act	Day	Time	NR	Res Disc
121904A	Wed	6:30-7:55 pm	\$140	\$135
121904B	Thu	5-6:25 pm	\$140	\$135
121904C	Sat	12-1:25 pm	\$140	\$135

**Girls 7 and older** – Weekly lesson plans will be designed to meet the needs and skills of each child. Students will work on all apparatus.

Act	Day	Time	NR	Res Disc
121905A	Wed	5-6:25 pm	\$140	\$135
121905B	Thu	6:30-7:55 pm	\$140	\$135
121905C	Sat	11:45 am-1:10 pm	\$140	\$135

## Cheerleading

Troy Gymnastics, 1600 W. Maple, 248.816.TGYM

All participants must pay an annual membership fee of \$25 directly to Troy Gymnastics prior to the first day of class.

**Session: April 27 - June 20; 8 weeks**

## Cheernastics!

Our focus is on tumbling, stunting, jumps, dance and cheer fundamentals. This class will learn a mini-routine to showcase at the end of each 8 week session.

Act #	Age	Day	Time	NR	Res Disc
121911A	3-5	Tue	4:30-5:25 pm	\$103	\$98
121911B	6-10	Tue	5:30-6:25 pm	\$103	\$98
121911C	11 over	Tue	6:30-7:25 pm	\$103	\$98

## Cheer Team

Disciplined training in stunting, transitions, dance, expression, tumbling and cheer technique. Teams will demonstrate at local competitions, festivals, and community functions, developing into an ALL-Star program. No experience is necessary. All teams will meet both Tuesday and Friday. All levels are welcome!

Act #	Age	Day	Time	NR	Res Disc
121912A	3-5	Tue/Fri	4:30-5:30 pm	\$185	\$180
121912B	6-10	Tue/Fri	5-6:30 pm	\$245	\$240
121912C	11 over	Tue/Fri	6:30-8 pm	\$245	\$240



## Girls Fastpitch Softball Spring Mini Season

Spring season softball league for girls in grades 4 and 5 is designed to get players ready for the summer season by emphasizing the basic techniques. Teams will be coached by a school staff member or parent volunteer. Teams will be scheduled to play 5 games during the mini season and will practice on Mondays after school and play games on Wednesdays evenings. Limited openings, register early. 6 weeks.

Act #	Dates	Location	Day	Fee
121100A	4/20-5/27	Bemis	M/W	\$25
121100B	4/20-5/27	Leonard	M/W	\$25
121100C	4/20-5/27	Martell	M/W	\$25
121100D	4/20-5/27	Costello	M/W	\$25

## 5 vs 5 Soccer for Fall

### For K-1st graders - Registration Information

Join the excitement of this fast-paced sport for children entering kindergarten and 1st grade! Soccer played around the world promotes fitness, skill and lasting friendships! 5v5 soccer, on small sided fields, will give kids more "touches" and keep them involved in the game. Season begins in early September.

*Registration information in the summer 2009 brochure.*

## Skate World of Troy

2825 E. Maple Road  
248.689.4100

Basic balance is required for most of the structured classes. Otherwise we recommend you attend one of the "Learn to Skate sessions." In these classes we offer ONLY GROUP INSTRUCTION. Structured classes have one instructor for every 25 students. ONE-ON-ONE teaching is not offered during these classes, but is available.

**Learn to Skate** – For beginners of all ages. Two hours open skating with 20 minute GROUP instruction in starting, stopping, forward skating, and introduction to backward skating.

**Adult Beginners** – Ages 15 and older. Six one-hour GROUP lessons in starting, stopping, forward, intro to backward, skate dancing.

**Children Beginners** – ages 14 and under. Six one-hour GROUP lessons in starting, stopping, forward skating, introduction to backward and free style skating. Music and games. If you lack basic balance, take Learn to Skate first.

**Children Advanced** – For ages 5-14 that includes six one-hour GROUP lessons in perfecting starting, stopping, forward skating, intro to backward skating, figure skating, and free style skating. Must have basic balance.

**Blading Class** – For beginners 5 years and older. You may use your own in-line skates if they are "rink safe." The instructor will check them before class. Rentals are available at \$2.50 per class. Wear comfortable clothing, and safety equipment. Please arrive one-half hour early for the first class. One hour class.

### Session: Apr 21- May 30 (6 weeks)

Act#	Class	Ages	Day	Time	NR	Res
122220B	Blading	5 over	Tue	5:30-6:30 pm	\$41	\$36
122220C	Learn to Skate	All	Wed	4-6 pm	\$35	\$30
122220D	Adult Beg	15 over	Wed	10-11 am	\$41	\$36
122220E	Child Beg	under 14	Sat	12-1 pm	\$41	\$36
122220F	Child Adv	5-14	Sat	12-1 pm	\$41	\$36
122220G	Learn to Skate	All	Sat	10 am-Noon	\$35	\$30

## Soccer Moms

You don't have to be a "mom," but if you are a woman interested in learning and improving your soccer skills while getting a great workout then this is the class for you. Our own soccer specialist will lead this program which includes 30 minutes of drills and instruction and 30 minutes of scrimmage play. Participants will receive a soccer ball. 4 weeks

**Location:** Troy Community Center Soccer field

**Instructor:** Lisa Carruthers **Weeks:** 4

Act#	Age	Day	Dates	Time	NR	Res Disc
124060A	Adults	Tues	5/5-5/26	4-5 pm	\$53	\$48

## Ice Skating Lessons

Troy Sports Center, 1819 East Big Beaver  
248.689.6600

Learn to skate for hockey or figure skating. If you already know how to skate, you can always improve your skills. Each class will have 25 minutes of instruction and 25 minutes of practice without an instructor. All teachers certified by the U.S. Figure Skating. Students will be divided by age and skill level during the first class. 8-10 students per teacher. Please indicate at registration the last test passed, if any. There will be a one time annual membership fee (Sept. 1-Aug. 31) required per new enrollee, payable on the first day, to Troy Academy of Figure Skating. (Includes insurance, handbook, badges and stickers). Students should dress warm; wear gloves, a helmet (bike or hockey) and skates. Skate rental is available for \$3/class.

### Camps (5 days) Non-Res: \$59 Res Disc: \$54

Act #	Ages	Days	Time	Beg	Ends
122403A	All ages	M-F	10:10-11 am	Apr 6	Apr 10

### Winter #2: 8 weeks: NR-\$92 Res-\$87 (\*7 weeks: NR-\$81 Res-\$76

Act #	Ages	Day	Time	Beg	Ends
112401H	3-7 yrs	Mon	5:10-6 pm	Mar 2	Apr 20
112401J	8-adult	Mon	6:10-7 pm	Mar 2	Apr 20
112401K	All ages	Wed	10:10-11 am	Mar 4	Apr 22
112401L	All ages	Wed	1:10-2 pm	Mar 4	Apr 22
112401M	All ages	Wed	6:10-7 pm	Mar 4	Apr 22
112401N	3-7 yrs	Sat	8:40-9:30 am	Feb 28	Apr 25*
112401O	8-adult	Sat	9:40-10:30 am	Feb 28	Apr 25*

\*no classes 4/11 and 4/18

### Spring #1: 8 weeks-NR-\$92 Res-\$87/\*7 weeks - NR-\$81 Res-\$76

Act #	Ages	Day	Time	Beg	Ends
122401A	3-7 yrs	Mon*	5:10-6 pm	Apr 27	Jun 15
122401B	8-adult	Mon*	6:10-7 pm	Apr 27	Jun 15
122401C	All ages	Wed	10:10-11 am	Apr 29	Jun 18
122401D	All ages	Wed	1:10-2 pm	Apr 29	Jun 18
122401E	All ages	Wed	6:10-7 pm	Apr 29	Jun 18
122401F	3-7 yrs	Sat**	8:40-9:30 am	May 9	Jun 20
122401G	8-adult	Sat**	9:40-10:30 am	May 9	Jun 20

\*no class 5/25

\*\*6 weeks - no class 5/23 NR-\$70 Res-\$56

## Troy Adult Soccer Leagues

Troy adult (18 and over) soccer leagues tentatively begin June 8 and continue through mid-August. "Residency requirements for 2009" - No limit on non-residents per team. **Reasonable team entry fees.**

### Leagues offered include

Women's 18 and 30 & over  
Men's 18, 30 and 40 & over

Interested teams and players should call 248.524.3484 to receive an application. On April 1, league information will be mailed to last year's teams and interested individuals.



## Sanchin-Ryu Karate

A non-competitive self defense program experience from the Okinawan Sanchin-Ryu Karate Association. Promotion system available at an additional fee. Sanchin is an ongoing study set up in sessions.



**Youth Karate and Self Defense** – includes movements, conflict resolution, leadership skills, peer pressure management, confidence, self-esteem building, dealing with bullies and promoting fitness. Parents are encouraged to attend.

**Open Individual and Family Karate** – includes movements, stress management, conflict resolution, confidence building, coordination, practical application and fitness.

**Instructor:** Matt Gauthier, 2nd Degree Black Belt

**Location:** Morse Elementary School **Weeks:** 7-no class 5/20

### Session 1: Wednesdays, Apr 15-Jun 3

Act#	Level	Grade	Time	NR	Res Disc
124040A	Youth/Self Def.	K-8	6:30-7:30 pm	\$42	\$37
124040B	Family	K& up	7:30-9 pm	\$96	\$91
124040C	Open Individual	6th&up	7:30-9 pm	\$51	\$46

## Judo and Streetwise Self-Defense

Judo is a martial art that teaches throwing and grappling techniques used in close quarter self-defense. An Olympic event since 1964, this sport is great for all ages! We have beginners from age 6 to 50. Self-defense prepares individuals with skills of everyday survival on the street. A combination of Jujitsu, Karate and common sense skills make this class a must!

Students wear sweat pants and sweat shirts. Join our staff of 4 black belts with 17 years of experience. Head Instructor: Dan Van Hemm, 3rd degree Black Belt, Coaches: John Berra, 3rd degree Black Belt, Gary Wood, 3rd degree Black Belt, Louise Ullman, 2nd degree Black Belt. Visit our website at [www.troyjudo.com](http://www.troyjudo.com) For more information contact Dan Van Hemm at 248.877.6732.

**Location:** International Academy (Old Baker)

**Fee:** Individual: NR - \$57; Res Disc - \$52

Family (2 or more in family) NR - \$109; Res Disc - \$104

Self-Defense: Individual: NR- \$38; Res Disc - \$33

Family: NR - \$71; Res Disc - \$66

### Session I: Mondays, Apr 13 - June 8 (8 weeks-no class 5/25)

Act# (Indiv.)	Level	Age	Time	Family Fee
124030 A	Beg	6-13	6:30-7:30 pm	124030 G
124030 B	Int/Adv	6-13	7:30-8:30 pm	124030 H
124030 C	Beg	14 & over	7:30-8:30 pm	124030 I
124030 D	Int/Adv	14 & over	7:30-8:30 pm	124030 J
124030 F	Self Def.	14 & over	8:30-9 pm	124030 L

## Japanese Shotokan Karate

A traditional Japanese art focuses on strong basic blocks, punches and kicks. Learn self-defense, controlled sparring and Kata in addition to a series of techniques to defend against multiple attackers. Develop balance, coordination, discipline, confidence, courtesy and endurance. Students wear loose-fitting clothes, no jewelry. Uniforms available for purchase. Those advancing in rank require a uniform. The minimum age is 7. For further information contact Jerry Morrone at 248.478.4623 or visit the website at [www.mmshotokankarate.com](http://www.mmshotokankarate.com).

**Instructor:** Jerry Morrone, 6th Degree Black Belt

**Location:** Costello - Gym **Weeks:** 8 - no class 5/25

### Session I: Mondays, Apr 13-Jun 8

Act#	Level	Ages	Time	NR	Res Disc
124035A	Beg	7-13 yrs	6:30-7:20 pm	\$57	\$52
124035B	Int/Adv	7-13 yrs	7:20-8:10 pm	\$57	\$52
124035C	Beg	14 and older	8:10-9 pm	\$57	\$52
124035D	Int/Adv	14 and older	8:10-9 pm	\$57	\$52

**Location:** Troy Community Center

**Weeks:** 8

### Session II: Thursdays, Apr 16- June 4

Act#	Level	Ages	Time	NR	Res Disc
124035E	Beg	7-13 yrs.	6:30-7:20 pm	\$57	\$52
124035F	Int/Adv	7-13 yrs.	7:20-8:10 pm	\$57	\$52
124035G	Beg	14 and older	8:10-9 pm	\$57	\$52
124035H	Int/Adv	14 and older	8:10-9 pm	\$57	\$52



## Future Star Soccer: Grades K-3 Kindergarten and 1st Grade Indoor Soccer League

This indoor soccer league will give kindergarten and 1st grade boys and girls the chance to play an organized indoor soccer game each week with experienced coaches. Director Philip Douse will oversee all games throughout the season. No prior experience is required for participation. Games will be Sunday mornings at 9 am, 10 am, and 11 am.

### **NEW! - 2nd and 3rd Grade Indoor Soccer League**

This is an expansion of the popular Sunday morning kindergarten and 1st grade Future Star Soccer indoor instructional league. 2nd and 3rd graders can now play indoor soccer games each Sunday under the direction of coaches Philip Douse and Alex Eve. Games will be Sunday afternoons at 12 pm, 1 pm, and 2 pm.

Both K-1 and 2-3 grades are set up as follows: The first meeting of seven meetings will be used as an evaluation/fun soccer session with the intention of dividing up the registered children onto equal teams of 12. Skill development, winning will not be stressed. Schedules on the web site ([www.futurestarsports.com](http://www.futurestarsports.com)); six-game season schedule. Parents interested in having children placed on the same team will need to e-mail Philip at [Philip@futurestarsports.com](mailto:Philip@futurestarsports.com). All teams will receive matching game t-shirts in week two.

**Location:** Troy Community Center Gym

### Spring Session: Mar 1-Apr 19 (no program 4/12)

Act#	Grades	Day	Time	Fee
126702A	K-1	Sun	varies	\$89
126702 B	2-3	Sun	varies	\$89